Coping with Stress
COVID-19

Healthy ways to cope with stress

Take care of your body
• Take deep breaths, stretch, or meditate.
• Try to eat healthy, well-balanced meals.
• Exercise regularly.
• Get plenty of sleep.
• Avoid excessive alcohol and drug use.

Take breaks from watching, reading, or listening to news stories
• Hearing about the pandemic repeatedly can be upsetting.

Make time to unwind
• Try to do some other activities you enjoy.
  • Take a walk
  • Spend time in nature
  • Listen to music

Connect with others
• Talk with people you trust about your concerns and how you are feeling.

Reach out for help
• We are here for you! For information about El Centro’s behavioral health services or to schedule an appointment, please call (713) 660 - 1880 ext. 1415. Telehealth appointments are now available!

Source: Centers for Disease Control and Prevention